

ANNUAL NARRATIVE REPORT

NAVAJO COUNTY, ARIZONA

December 1, 1942 -- November 30, 1943

By

Alice F. Beesley
Home Demonstration Agent

TABLE OF CONTENTS

	Page
Index	1
Summary of Statistical and Narrative Reports.....	2
General Activities	4
Map of Navajo County	7
Extension Organization and Planning	13
The House, Furnishings, etc.....	15
Nutrition and Health	16
Home Management	20
Clothing and Textiles	21
Family Relations	27
Recreation and Community Life	27
4-H Club Activities	27
Contribution to War Effort	27
Cooperation with Other Federal Agencies	28

Alice F. Beesley
Home Demonstration Agent
Navajo County, 1943

SUMMARY OF STATISTICAL AND NARRATIVE REPORTS
HOME DEMONSTRATION AGENT
Navajo County, 1943.

The work of the Home Demonstration Agent for the period beginning December 1, 1942, and ending November 30, 1943, in Navajo County, consisted of 193 days devoted to adult work and 22 days to 4-H Club activities. Of this time, 137 days were spent in the County Office on organization and planning, and 78 days were devoted to demonstrations and activities in the field. Fifteen training meetings were held, with an attendance of 186 homemakers. Fifty-two method demonstrations were given, with 731 homemakers in attendance. Eight 4-H Clubs were organized, with a total enrollment of 72 and with 63 completions.

The Nutrition Specialist, Lola T. Dudgeon, spent 2 days in Navajo County assisting the Home Demonstration Agent and giving a leaders' training demonstration on meat alternate foods. Mrs. Dudgeon gave specific assistance on care in home canning of non-acid vegetables and meats. This refresher information was presented to all County Home Demonstration Agents at the Annual Conference in May, and at the school for Vocational Education instructors at Prescott in August. Further assistance and information was given by Mrs. Dudgeon in the form of nutrition leaflets which were sent to local nutrition leaders for them to present to their groups. Jean Stewart, State Leader in Home Demonstration work, assisted the Home Demonstration Agent with a leaders' training demonstration on Uses of Home Canned Meat. Most of the rural homemakers in Navajo County can their home produced beef, pork and poultry, and a number of requests have been received for information on varieties of ways to preserve these, and to use the preserved product.

The Clothing Specialist, Lorene Dryden, spent 8 days in Navajo County assisting the Home Demonstration Agent on projects related to conservation of clothing. This project was divided into four demonstrations, namely: Identification of Fabrics, Dry Cleaning, Mending Made Easier, and Pressing at Home. Miss Dryden gave 4 leaders' training demonstrations on conservation of clothing, and 8 volunteer local leaders, with the aid of the Home Demonstration Agent, took the information to 15 communities in the County. The Home Demonstration Agent gave a leaders' training demonstration on cleaning and adjusting the sewing machine. This demonstration was given in 8 communities, and approximately 78 machines were cleaned.

The State 4-H Club Leader spent 2 days in Navajo County in conference with the County Agent and the Home Demonstration Agent. There were 8 Clubs organized under the leadership of the Home Demonstration Agent and in Home Economics projects. Sixty-five meals were planned and 48 served by Club girls; 420 quarts of fruit and vegetables were canned; and 232 garments were made. Local achievements were held in each community, as distances were too great and transportation too difficult for a County-wide achievement.

The Home Demonstration Agent has cooperated in the following projects which contribute to the War effort: Home preservation of food; conservation of clothing; school lunches; County Nutrition Committee work; Red Cross; Sewing Machine clinics; upholstery; pressure cooker care; and point rationing.

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ANNUAL NARRATIVE REPORT

Agricultural Extension Service
Navajo County, Arizona

Alice F. Beesley
Home Demonstration Agent

GENERAL ACTIVITIES:

The County Home Demonstration Agent attended the Annual Agricultural Extension Conference held in Phoenix in December, 1942, and the Home Demonstration Agents Conference held in May, 1943, at the University of Arizona. Plans and general activities for the year were discussed with the State Leader, Nutrition Specialist, Clothing Specialist and other Extension workers cooperating on projects relating to the rural homemaker.

The Home Demonstration Agent appreciated the opportunity to attend the Public Health meeting which was held in Phoenix in May. At this meeting the talk on "Food Poisoning from Home-Canned Vegetables and Meats" by Dr. Karl Meyers, of California, was of especial value to all Home Demonstration Agents and nutrition workers in all fields of foods or related subjects.

The rural women of Navajo County have been very much interested in conserving home equipment. A decided increase in requests for information on the care and repair of household equipment has been recorded. These women are very conscious of their responsibilities at home and in the war effort. Plans have been made all during the current year to meet these emergency problems. Transportation facilities have become more serious and more work has been done by local nutrition and clothing leaders. Neighborhood leaders have been active in all rural areas, and the Home Demonstration Agent has assisted sector leaders in Holbrook and Winslow where block leaders get current information to the homemakers. The map on page 7 shows communities in which the Home Demonstration Agent co-operates and carries out Extension programs.

During the current year the Home Demonstration Agent has cooperated with the War Board in making plans for the rationing of pressure cookers. She has been Chairman of the Advisory Committee for approving applications for pressure cookers. One hundred applications have been received and

60 purchase certificates issued to date, November 30, 1943.

The County Nutrition Committee has been active throughout the year, and held a re-election in October, 1943. The summary on pages 8, 9 and 10 gives a review of the activities of the Committee. Pages 11 & 12 contain news articles published in the local paper relative to the annual election meeting of the County Nutrition Committee.

The Home Demonstration Agent spent three days in Prescott during August attending the Vocational Home Economics Conference. The meetings attended consisted of subject matter and demonstrations on preservation of fruits, vegetables and meats. The hot water bath method was demonstrated and the use of pressure cookers. Three different new Burpee pressure cookers were demonstrated; and the regular canner with the release valve and gauge was also demonstrated. A new National Pressure cooker was on exhibit, but was not used, due to the fact that the washer weights for altitude correction had not been received from the Company. The Vocational Home Economics people seemed to appreciate the services extended by the Extension Department in assisting with the training in the use of the pressure cookers.

A great deal of time and emphasis has been placed on food preservation this year. Demonstrations have been given on canning, dehydration of fruits and vegetables, and brining. Demonstrations have been given showing a variety of ways to use canned meats; how to rehydrate and serve dried foods; and methods of refreshing foods that have been preserved by brining.

The conservation of clothing has been presented to leaders and homemakers through demonstrations on Fabric Identification; Dry Cleaning; Mending Made Easier; and Pressing at Home. A result demonstration on Dress Forms was carried on from February to November, and will continue to extend its results.

The Neighborhood Leader system of contact was used to get information to all rural homemakers on the "Share the Meat" program, and in the Point Rationing campaign. Arrangements are being made for these leaders to assist in the "Food for Freedom" campaign which is being sponsored in Navajo County by the County Nutrition Committee.

Listed below is a summary of the distribution of the field and office time for General Activities in which the Home Demonstration Agent cooperated during the current year:

Days devoted to adults	193
Days devoted to 4-H Clubs.....	22
Days in office	137
Days in field	78
Number of home visits	286
Number of office calls	315
Telephone calls	221
Bulletins distributed	487
Extension meetings	132
Attendance at meetings	2113

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ACTIVITIES OF NAVAJO COUNTY NUTRITION CO-CHAIRMEN
FOR YEAR-April, 1942 -- September, 1943.

Number of Co-Chairmen in County: 13

Number of responses to questionnaire on activities: 10

Activities in which Co-Chairmen have participated:

I Christine Stevens, Winslow, Arizona.

1. Refresher Course completed by Home Economics teacher with two ex-teachers in that field.
2. Literature distributed to 2,000 housewives on "Share the Meat."
3. Two Red Cross Nutrition Classes. First completed and 25 Certificates issued. Second to be finished in April.
4. Plans under way for Canteen Course soon.
5. Demonstration for meatless dishes to 82 housewives.
6. Pressure Cooker Clinic, with 22 present.

II Vivian Flora, Lakeside, Arizona.

1. Handing out literature to High School students.
2. Presenting suggestions on nutrition to Church groups.
3. School Classes in Nutrition.

III Mrs. Hugh Larson, Woodruff, Arizona.

1. Red Cross Nutrition Class; 12 received diplomas.
2. Nutrition literature handed out.

IV Mrs. Roy Cabell, Holbrook, Arizona.

1. Talks to Woman's Club, Winslow; two lectures to Woman's Club, Holbrook; talk to Lion's Club, Holbrook.
2. Taught 2 Red Cross Nutrition Classes, Holbrook; 18 completed.
3. Met with P.T.A. and school representatives urging Holbrook to organize a school lunch program. No lunch program was organized, but the "Penny Milk" program was started.
4. Instructed Block Leaders on "Share the Meat" in Holbrook.

V Miss Alice Beesley, Holbrook --Member of County Nutrition Committee.

1. Taught 2 Red Cross Nutrition Classes in Holbrook.
2. Taught 2 Red Cross Nutrition Classes in Joseph City.
3. Taught 1 Red Cross Nutrition Class in Woodruff; total of 60 completions.
4. Taught Refresher Courses to 3 Home Economics people in Winslow; 2 at Keams Canyon; 3 in Holbrook and 3 in Snowflake; and 4 in Whiteriver and Ft. Apache.
5. Instructed Block Leaders in Winslow on "Share the Meat."
6. Talked before Rotary Club on Nutrition.

7. Served on Committee compiling information on nutritional problems and activities in the County. Other members of Committee were representatives from Social Security and Welfare, County Nurse and member of F.S.A. The information has been used in presenting material to persons taking the Refresher Courses and in giving Nutrition talks.
- VI Mrs. Leona Jenson, Holbrook, Arizona
1. Adult classes in nutrition.
 2. School classes in Nutrition.
- VII Mrs. Nellie Jackson, Pinedale, Arizona.
1. Member of School Lunch Committee.
 2. Distributed Nutrition literature from Extension Service and County Nutrition Chairman.
 3. Taught 4-H Club on Meal Planning.
 4. Church lessons on Nutrition and Food Economy.
 5. Encouraged attendance at Adult Class #15 held in Pinedale.
- VIII Leora Kartchner, Linden, Arizona.
1. Cooking school lunch with Mrs. Gardner.
 2. Handed out Nutrition literature.
- IX Eva W. Shelley, Heber, Arizona.
1. Encouraged attendance at #15 Classes held in Heber.
 2. Handed out literature on Nutrition.
- X Mrs. M. S. Larson, Taylor, Arizona.
1. Helped in getting attendance for Red Cross Nutrition Class in Taylor, and taught by Mary Shumway.
 2. Handed out Nutrition literature.
- XI Fern Smith, Snowflake, Arizona.
1. Kept records of attendance at Red Cross Nutrition Class.
 2. Talks before groups on Nutrition.
 3. Handed out Nutrition literature.
 4. Helped with "Share the Meat" program.
- XII Marvel B. Bruce, Snowflake, Arizona.
1. Two talks on Enriched Bread.
 2. One talk to P.T.A. on Nutrition.
 3. Taught Red Cross Class in Snowflake. Through efforts of class we now have enriched flour in our grocery store.

4. Taught #15 Adult Class in conjunction with Ag. teacher at Pinedale, Arizona.
 5. Taught #15 Adult Class at Clay Springs, with Ag. teacher.
 6. Supervised #15 Class taught in Snowflake by Adelia Lindsay.
 7. Taught #15 Class (10 lessons) at Heber, Arizona.
 8. Instructed leaders in "Share the Meat" program.
 9. Instructed students in Pressure Cooker Survey.
 10. Instructed leaders in rationing program.
 11. Distributed literature on Nutrition in Snowflake and sent out to Co-Chairmen.
 12. Called four meetings of County Nutrition Committee, at which business and problems were discussed.
- XIII Lela Rosenberg, Polacca, Arizona.
1. Taught Red Cross Nutrition class to Homemakers in Oraibi, Hotevilla and Polacca.
 2. Taught Hopi Indian women in regular Nutrition classes.
- XIV Violet Kirkham, Keams Canyon, Arizona.
1. Taught Red Cross Nutrition Course to 15 Homemakers.

October - 1943

HOLBROOK TRIBUNE.

Navajo County Nutrition Group Meets Tonight

All Communities To Give Reports

A meeting of the Navajo County Nutrition Committee, together with all other persons interested, will be held this evening (Friday, October 8) at the home economics rooms in Holbrook high school beginning promptly at 7 o'clock, Mrs. Marvel Bruce, Snowflake, county chairman, announced this week.

The annual business meeting will be held, and officers for the 1943-44 term will be elected.

Jean M. Stewart, of Tucson, member of the State Nutrition Council, will give a summary of nutritional activities throughout the state.

Purpose of the organization, which is under supervision of the Office of Civilian Defense, is to educate housewives in the purchasing, preserving and preparing of foods; balanced diets; and nutritional education in the schools.

The work is wholly volunteer, and as now established, is for the duration of the war only.

At this evening's meeting, summary reports on activities in each of the county's communities will be made.

Mrs. Bruce is county chairman, Miss Alice Beesley county co-chairman.

Community co-chairmen are as follows:

Joseph City, Georgiana Spurlock; Winslow, Mrs. George Stevens; Holbrook, Mrs. Roy Cabell; Woodruff, Mrs. Hugh Larson; Snowflake, Mrs. Fern Smith; Taylor, Mrs. Rex Shumway; Shumway, Mrs. Irene Black; Showlow, Mrs. John L. Willis; Heber, Mrs. Eva Shelley; Lakeside, Mrs. Isaphine Gardner; Pinetop, Mrs. Esther Yoder; McNary, Miss Gertrude Evans; Linden, Mrs. Ione R. Pearce; Pinedale, Mildern Jackson; Clay Springs, Alice Perkins; Polacca, Mrs. Leila Rosenberg; Oraibi, Mrs. Wallace; Keams Canyon, Miss Violet Kirkham; White-river, Mrs. Florence McKnight; Ft. Apache, Elizabeth Fast.

Organization meeting of the committee was held in April, 1942.

Second News Item.

Friday evening, October 8, the County Nutrition Committee met in the Holbrook High School Homemaking Department. Twenty-three were present, representing Holbrook, Winslow, Keams Canon, Polacca, Fort Apache and Snowflake, and from Phoenix, Miss Jean M. Stewart was present as a member of the Arizona State Nutrition Committee.

The Program of the evening was devoted to a summary of activities carried on in the County during the past year. This was presented to the group by Miss Alice F. Beesley, Home Demonstration Agent in Navajo County. Those contributing to the report were: Mrs. Rosenberg and Miss Kirkham giving an account of activities on the Reservation; Mr. W. A. Sherwood of Social Security and Welfare told the group what his office is doing to forward the nutrition movement. Mr. Ted Hendrixson reported for the Farm Security Administration and Miss McKnight reviewed the work done at Ft. Apache this summer, on the canning and dehydration of surplus foods raised this year. Miss Stewart then gave a summary of the work which the State Nutrition Committee is doing. She mentioned the fact that this coming year the affairs of the State Committee will be conducted by an Executive Secretary, who will assist County Chairmen in their various programs. Also it was brought to light that a "Food for Freedom" week will be held in November. During the

week preceding Thanksgiving, special attention will be given to all phases of the food problem.

Mrs. Leona Jensen, Chairman of the Nominating Committee, reported that Mrs. Marvel B. Bruce, of Snowflake, was unanimously chosen by the Committee to be the Navajo County Chairman for the coming year. She has chosen for County Co-Chairman Miss Alice Beesley, of Holbrook, and for secretaries, Miss Lorna Fish and Miss Ann Shumway, of Snowflake and Taylor respectively.

Mrs. Bruce will announce the Co-Chairmen from the communities in the County at a later date.

EXTENSION ORGANIZATION AND PLANNING:

The Annual Conference of the Agricultural Extension Service was held in Phoenix in December, 1942. At this time the State Leader in Home Demonstration Agent work, the Nutrition Specialist and the Clothing Specialist held conferences with the County Home Demonstration Agents to coordinate plans and the general projects which were to be carried out in the Counties. An effort was made to determine the needs of the homemakers in different sections of Arizona, and all possible emphasis was put on projects which would be of assistance to homemakers during our war emergency. At the Annual Conference for Home Demonstration Agents, which was held in Tucson in May, plans for assistance from Nutrition and Clothing Specialists were crystalized and a schedule of projects for specified periods was made out. University Specialists gave their assistance on the subjects of land labor, the general outlook for 1943-44, current clothing problems, and home storage of vegetables.

Prior to this Conference, the Home Demonstration Agent contacted local leaders individually or by letter to determine interests and desired subject matter or projects.

Projects for the year which were decided upon and carried out are listed below:

- Sewing Machine Repair
- Meat Extenders
- Fabric Identification
- Dry Cleaning
- Egg Dishes and Meat Alternates
- Canning
- Dehydration
- Mending Made Easier
- Pressing at Home
- Holiday Dinners
- 4-H Clothing and Food Projects

The Nutrition and Clothing Specialists assisted with leaders' training meetings on their related subjects.

Eight 4-H Clubs were organized in the County, and the Club members carried on the following projects: Clothing, Meal Planning, Canning and Home Management.

Local Achievements were held with each 4-H Club. Transportation difficulties prevented a county-wide

achievement. The State Leader in 4-H Club work spent two days with the County Farm Agent and Home Demonstration Agent in 4-H Club organization.

The Plan of Work for the current year was carried out as planned with very few exceptions. The original plan did not call for the demonstration on Pressing in November, but requests from Homemakers made it seem advisable to have this information follow that of Mending Made Easier. The program on Conservation of Clothing consisted of four projects, - namely, Fabric Identification, Dry Cleaning, Mending Made Easier, and Pressing at Home. A goal of 175 homemakers following the suggested practices was set up. Approximately 60 homemakers were given assistance on clothing construction problems, 230 on selection of clothing and fabrics, and 88 on care, mending and pressing clothing.

The original plan also called for a demonstration on care of meats and curing meats. In October, during the absence of an Extension Nutritionist, the State Leader met with the Home Demonstration Agent and a Leaders' training dinner was given on uses of home canned meats with emphasis on nutritive values of meat, cost of meat cuts, point values of meats, care of and cooking of meats. It was estimated that goals set for nutrition, including Food Selection, Preservation of Foods, and storage, were reached, as approximately 300,000 quarts of food were canned, 4,200 pounds of vegetables stored, 400 dozen eggs stored, 450 pounds of cheese made and 5,000 pounds of meat put down in brine; 150 dehydrators are in use, and that 7,200 pounds of vegetables have been dried this year.

Fifteen training meetings were held by the Home Demonstration Agent and Extension Specialists during the year, and these demonstration meetings were attended by 186 homemakers; and fifty-two method demonstrations were conducted, with an attendance of 731 homemakers.

Fourteen meetings of an Extension nature were held by local adult leaders, with 286 homemakers attending these meetings.

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THE HOUSE, FURNISHINGS, ETC.:

Home Repairs - Sewing Machines.

The Clothing Specialist, Lorene Dryden, gave the Home Demonstration Agents a training demonstration in August, 1942, preparing them for demonstrations in their Counties on "Cleaning and Adjustment of Sewing Machines."

The Home Demonstration Agent gave demonstrations on this project in 8 communities in Navajo County, and leaders assisted in 2 additional communities. Seventy-eight homemakers cleaned and adjusted their machines under the direction of the Home Demonstration Agent or a local leader. Only one of these machines needed repairs other than needles and belts for bobbin winders. New sewing machines have not been available here unless an old one could be turned in, and even then the supply was limited.

The portable Singer sewing machine belonging to the County Agricultural Extension Service office has been in almost constant use by homemakers who do not have a machine available. Each homemaker wishing the machine must keep it only 2 weeks at a time and then return or re-check the machine out.

Remodeling Furniture:

Small groups of homemakers have been given assistance on upholstering furniture. Different pieces covered or repaired by fixing springs, webbing, etc. are: dining room chairs, 1 davenport, 1 day bed and cushions, 1 overstuffed chair, 3 occasional chairs, and a hassock. Instructions were given on measuring for materials, cutting patterns, and putting the material on the piece of furniture.

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NUTRITION AND HEALTH:

Food Preservation and Storage:

Twenty-six days of the Home Demonstration Agent's time was spent on food preservation. This time was divided among canning and dehydration projects and demonstrations. Canning demonstrations have been given and individual homemakers have been informed on the care of canning equipment. The altitude in Navajo County makes it necessary to use pressure canners for all vegetables and meat canning, and altitude corrections must be made for pressure canning. A total of 148 pressure gauges have been checked by the mercury manometer, and recommendations made as to the need for new gauges or release valves. The circular "Your Pressure Cooker", prepared by the Nutrition Specialist, Lola T. Dudgeon, was sent to each homemaker who had her gauge checked or who has applied for a new war model canner. The War Board has received 100 applications for the new canners, and 60 purchase certificates have been issued. The quota for Navajo County was placed at 70 canners. Local dealers have had difficulty securing them for release to applicants. It was estimated that in Navajo County homemakers have 300,000 quarts of canned foods, and 12,000 containers of jams, jellies and preserves on their storage shelves. It was estimated that 4,200 pounds of vegetables, 400 dozen eggs, and 450 pounds of cheese have been stored in bulk, as well as approximately 5,000 pounds of meat put up in brine.

It has been estimated that 150 homemakers have made, and are using, dehydrators for drying fruits and vegetables. Demonstrations on preparing, drying and refreshing vegetables have been given in six communities this summer. Other centers were given the demonstration in 1942. A number of different types of dryers have been made, depending upon the materials available, type of heat to be used, and the amount of food to be dried. The Home Demonstration Agent cooperated with the Vocational Agriculture instructors at Snowflake by presenting the information and showing the women how to refresh, cook and serve the foods; and the Vocational Agriculture instructor assisted the women with the construction of the dryers. It was estimated that the homemakers have dried 7,200 pounds of vegetables this year.

Six 4-H Club girls canned 420 quarts of fruits and vegetables. The 4-H Club canning was a joint mother-and-daughter project, with the girls assisting the mothers, and the mothers teaching the daughters canning methods for

the kind of vegetables or fruit canned. However, the daughter kept a careful record of the canning which she did alone.

The County Home Demonstration Agents were given refresher information on canning and dehydration at the Annual Home Demonstration Agents Conference held at the University of Arizona in May. More information on the new war model canners was given at the Vocational Home Economics Conference held in Phoenix in August. Three new Burpee canners were demonstrated, and a new National canner was on display. The Nutrition Specialist and two County Home Demonstration Agents assisted the Vocational people with the demonstration of the new canners.

The news article on page 23 was published in the local paper early in June at the beginning of the canning season.

Food Selection and Preparation:

A Red Cross refresher course was given to the Home Economics instructors on the Hopi Reservation and on the Apache Reservation. This course prepared these workers for teaching the Red Cross Nutrition courses. The Red Cross Nutrition course is based almost entirely on food selection and preparation, with some emphasis on food costs. To date there have been 14 of these courses taught in Navajo County by the Home Demonstration Agent or Home Economics trained persons who have taken the refresher course.

On the "Share the Meat" campaign, which was carried out in December, 1942, ninety-eight neighborhood leaders took the information into 1267 homes, and 1239 homemakers agreed to comply with the recommendations. Four hundred seventy-two homemakers asked for further information on meat substitutes and alternate dishes. This information was given to homemakers through demonstrations on meat alternates, egg dishes, and various uses of home canned meats. The Extension Nutritionist, Lola T. Dudgeon, has supplied local nutrition leaders with up-to-date information on general food preparation through the Victory leaflet which was prepared monthly for the first six months of the current year. The cooperation of the Extension Service in the "Share the Meat" campaign informed more homemakers of the available nutritional assistance from both the State and County Extension offices.

School lunch:

Mrs. Agnes Hunt, Parke, representative of the Food

Distribution Administration, was in the County Extension Office for a conference relative to school lunches in Navajo County. The Home Demonstration Agent attended a conference meeting in Snowflake which was attended by the School Superintendent, School Board, Home Economics Instructor and a few patrons. The new project of the FDA furnishing cash per child instead of commodities, as has been done in the past, was explained by Mrs. Parke. No school in the County has followed this project and put it into action. At the County Nutrition meeting in October the subject of school lunches was again discussed, but to date no local group or organization has taken on the sponsoring of a school lunch program.

Health:

The Home Demonstration Agent has received requests for assistance on "First Aid and Home Medicine Chests" from Relief Society Presidents. All Relief Societies have received word that they are to emphasize Red Cross First Aid courses and First Aid Chests. Consideration is being given to this subject, and if it seems advisable, these projects may be put in our plannings during the next few months. In January and February, 1942, and in January and February, 1941, demonstrations and information on care of the sick in the home, home medicine chests and accident prevention were given. The State Leader and the Home Demonstration Agent had a conference in August and made plans and organized subject material for an Extension circular which will be on the subject of health. This circular will emphasize the home medicine chest and how to use the contents and other equipment which should be kept on hand in the home for general use.

Alice F. Beesley
Home Demonstration Agent
Navajo County, 1943

NEWS ITEM
June 22, 1943.

HOME CANNING ARITHMETIC.

To help homemakers figure how many jars of canned food to expect from fruits and vegetables, whether they're bought at the market or picked from the Victory Garden, here's a table of comparative figures. It has been prepared by the home economists of the Bureau of Human Nutrition and Home Economics, and they remind us that the figures are necessarily approximate.

Apples	1 bu. (50 lb) cans 20 qts. 2½ lbs. (7-8 apples) can 1 qt.
Beans, Lima	1 bu. (28 lb) cans 6 to 8 qts. 4 to 5 lb. can 1 qt.
Beans, Snap	1 bu. (24 lb) cans 16 qt. 1½ lb. can 1 qt.
Beets	1 bu. (60 lb) cans 24 qt. 2½ lb. can 1 qt.
Berries	24-qt. crate cans 18 qt. 1¼ to 1½ lb. (5 cups) can 1 qt.
Carrots	1 bu. (50 lb) cans 20 qt. 2½ lb can 1 qt.
Cherries	1 bu. (56 lb) cans 25 qt. 1½ to 2½ lb (6 to 8 cups) can 1 qt.
Corn	1 bu. (72 lb) cans 8-9 qts. Whole kernel-6-10 ears, can 1 qt.
Grapes	1 bu. (48 lb) cans 20 qt. 2½ lb can 1 qt.
Greens	1 bu. (12 lb) cans 5 to 7 qt. 1½ to 2½ lb can 1 qt.
Peaches	1 bu. (50 lb) cans 20 qt. 2 to 2½ lb (8-10 peaches) can 1 qt.
Pears	1 bu. (58 lb) cans 24 qt. 2 to 2½ lb (5 to 6 pears) can 1 qt.
Peas	1 bu. (32 lb) cans 12 to 16 pt. 2 to 2½ lb can 1 pt.
Plums	1 bu. (56 lb) cans 30 qt. 1½ to 2 lb (24 to 32 plums) can 1 qt.
Squash	1 bu. (40 lb) cans 20 qt. 2 lb. can 1 qt.
Strawberries	24-qt crate cans 12 qt. 2 qt. can 1 qt.
Sweet potatoes	1 bu. (52 lb) cans 20 qt. 2½ to 3 lb can 1 qt.
Tomatoes	1 bu. (56 lb) cans 1 qt. 2½ to 3¼ lb (8 to 10 tomatoes) can 1 qt.

HOME MANAGEMENT:

Rationing:

In February the Home Demonstration Agent cooperated with the Office of Civilian Defense and the Office of Price Administration in presenting information relative to point rationing to the general public. Explainers from all communities in the County were trained by the Extension Service so that they, with the assistance of neighborhood leaders, could inform the homemakers on the rationing program at the time of registration for Book Two. Each center was given a sample of each kind of State and Federal Bulletin which was related to Food Production, preservation, and preparation so that homemakers who were interested in the information might write to the County Extension Office and secure a copy. Eighty-eight voluntary local leaders or committeemen assisted in putting this information before the public. Seven hundred forty homemakers requested information on food production, preparation and selection following this campaign.

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Navajo County, 1943

CLOTHING AND TEXTILES:

Conservation of Clothing.

Lorene Dryden, Clothing Specialist, assisted the Home Demonstration Agent with four leaders' training demonstrations on the subject of Conservation of Clothing. The demonstrations on Identification of Fabrics and Dry Cleaning were given early in 1943 and were well attended. Emphasis was placed on methods of testing the fabric and then proper care in handling the garments. Local leaders repeated this demonstration following the leaders' training demonstration. The circular letter on page 28 was sent to each homemaker who attended the demonstration on Fabric Identification; and the news letters on pages 29 and 30 were published in local newspapers following the presentation of the demonstration.



.All dry cleaning should be done out-doors.

Mending and Pressing.

Demonstrations on Mending Made Easier were given in seven communities. The demonstration for leaders was given at Snowflake by Lorene Dryden. A number of additional requests for the circular on Mending Made Easier have been received in the County office. The women at the meetings seemed especially interested in learning to do the tailor's patch, chain stitch darning for knit articles, the machine quick patch, and the machine darned-on patch for overalls and other work clothes.

The demonstration on Pressing at Home was given for leaders, and was given in five communities. At the leaders' training meeting Miss Dryden demonstrated how to use pressing equipment while pressing a suit, a dress, blouse and coat. The leaders then pressed garments which they had brought, and also made tailor's cushions and mitts which they could use at their follow-up meetings and in their own homes.

Dress forms.

A result demonstration was begun in February in Heber by Mrs. Belle McCleve. Mrs. McCleve took as her project a dress form which she had wanted for several years.

The Home Demonstration Agent demonstrated to five ladies the method of making the forms, and one was made for Mrs. McCleve at the all-day meeting held in Heber. Mrs. McCleve bought a kit for making the form at a cost of \$2.49. Since that time she has made 3 new dresses, remodelled 8 dresses, made 2 new aprons and 2 blouses on the dress form. Mrs. McCleve states that the form aids her most by saving time and patience in putting a garment on herself so many times while making it. Also, she has not purchased any new patterns, but designs her dresses on the form by draping. Mrs. McCleve has taught and assisted 7 other homemakers and 3 High School students to make forms for themselves and one another. The forms for the High School girls will not be the proper size for a very long period of time, but they all feel it has been very worthwhile, for the cost was small, as they all had knit vests which could be fitted and used. Also, the girls have had a great deal of interest in making their own clothes.

The picture below shows Mrs. McCleve directing the making of a dress form on one of the High School age girls in Heber.



COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Holbrook

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Navajo County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work



KNOW THE FIBER TO GIVE THE BEST CARE

KNOW THE FABRIC:

1. To give proper care during washing, dry cleaning, stain removal, pressing and storing.
2. To select materials which will give satisfactory service.

IS THE FABRIC WOOL, COTTON, OR RAYON (viscose, bemberg or acetate)?

1. Wool when burned smoulders and the ash tends to ball up on the edge with the odor of burning hair. Remember wool dissolves in a boiling lye solution.

2. Acetate rayon when burned curls as it melts into a hard brittle mass. Acetone dissolves the acetate rayons. Be careful of fingernail polish, if the dress you are wearing contains acetate rayon.

You will need this information for the next meeting which will be on dry cleaning and stain removal.

Sincerely yours,

Alice F. Beesley
Alice F. Beesley
Home Demonstration Agent

NEWS ITEM

March 26, 1943.

As background information for care of clothing a Leaders' Training meeting on Fabric Identification was held in Eagar on Wednesday, March 24th, under the direction of Alice F. Beesley, Home Demonstration Agent, and Lorene Dryden, Clothing Specialist. Mrs. Pearl Rogers will present this subject to the women of Snowflake, and Miss Beesley will hold demonstrations in other communities in Navajo County.

In discussing fabrics, Miss Dryden stated: "With the present shortage of materials it is necessary that the family make every garment that they now have last as long as possible. To give garments the best care in washing, dry cleaning, stain removal, pressing and storage, the homemaker should know the fiber content of the materials. Wool, one of our most critical materials, can be recognized by burning or making a lye test on a few threads taken from the seams or the hem. Wool, when burned, smoulders, and the ash tends to ball up on the edge. It has an odor like burning hair. Wool dissolves in a boiling lye solution, leaving cotton or rayon threads."

Acetate rayons need special care, but are long lasting materials, when properly handled. We may know acetate rayons by burning threads or a sample. These melt and curl into a hard, brittle mass. Acetone dissolves acetate rayons, leaving cotton, wool or other rayon fibers. Your fingernail polish remover may contain acetone.

Follow-up meetings will be held on care and conservation of clothing. The first of this series, dry cleaning, stain removal and storage of wools, will be held the last of April and the first week of May.

NEWS ITEM
DRY CLEANING AND PRESSING.

April 27, 1943.

As a phase of the Clothing Conservation Program a meeting was held in Snowflake, April 22, featuring home methods of cleaning and spotting, as adapted to a war-time situation. The following leaders will repeat this demonstration in their local communities: Snowflake, Pearl Rogers; Showlow, Corrine Wimmer; Pinedale, Mrs. Wahl; Linden, Mary Pearce.

In discussing these problems, Miss Dryden stated: "Fiber identification is the foundation of all successful cleaning, spotting and pressing these days. The fibers used in materials are varied and react differently to different treatment. Simple tests were made for identifying the fibers in all garments that were cleaned or pressed at the meeting.

Particularly are we stressing that if simple garments can be safely cleaned at home, money will be released from the family budget to be spent at the commercial cleaners for our best suits, coats and dresses. Many of our rural homemakers are facing the problem of cleaning service, being remotely withdrawn from our local communities. As we understand, non-explosive petroleum solvents will be available for some time.

Even the simplest home cleaning process required infinite patience, time and caution. As Extension Workers, we wish to particularly stress the caution needed in handling solvents and spotting mixtures. All dry cleaning should be done out-of-doors away from buildings.

As a precaution it is always well to try the reaction of a solvent or a spotting mixture on a scrap of material or a part of a garment that does not show. We cannot afford to ruin a single garment these days.

To do a good pressing job, especially on men's suits, equipment such as wool pressing cloths, tailors' cushions, pressing mitt and wooden beater are recommended. Directions for Fabric Identification, Dry Cleaning, Stain Removal, Pressing and Storing Winter Clothes are available in circulars which may be obtained from the Home Demonstration Agent."

FAMILY RELATIONS:

The Home Demonstration Agent has assisted the Mother's Club in Holbrook with nutritional information for pre-school age children. A talk or demonstration has been given to the group once a month. Requests for information on child care and play equipment has also been filled. Approximately 22 families have been assisted with this information.

RECREATION AND COMMUNITY LIFE:

The L. D. S. Relief Society in Joseph City asked the Home Demonstration Agent to act as judge for their Harvest Season Fair. Articles of clothing, household linens, handicraft, canned fruits and vegetables, garden products, dairy products, and school art were judged.

4-H CLUB ACTIVITIES:

Ten 4-H Club girls completed projects in food selection; 6 completed canning projects; and 56 completed clothing projects this year. The six girls canned 420 quarts of fruits and vegetables, and this was done under the leadership of their mothers. Local leaders conducted the clothing and meal planning projects. A total of 72 girls enrolled and 63 completed 4-H projects. There was a great deal of difficulty in securing leaders for Club projects this year, as all adults were heavily loaded with home and local responsibilities or were in the service of their country. Local achievements were held in each community, at which time the girls were awarded ribbons and pins for completed projects. No County-wide achievement was held, due to great distances and transportation difficulties.

CONTRIBUTION TO WAR EFFORT:

The Home Demonstration Agent has acted as Chairman of the Advisory Committee for examining and approving applications for the war model pressure canners.

Assistance has also been given to the local diner for the Naval Cadet School in the way of quantity recipes and menu suggestions.

The Home Demonstration Agent taught nutrition refresher courses to the Home Economics trained persons on the Hopi Indian Reservation and on the Apache Indian Reservation. She also taught 3 Red Cross nutrition courses in 1943.

COOPERATION WITH OTHER FEDERAL AGENCIES:

The Home Demonstration Agent has cooperated with the War Board by acting as Chairman of the Advisory Committee for examining applications for the war model pressure canners.

Cooperation with the Civilian Defense agency and Food Distribution Administration consisted of working with Explainers and Block Leaders on the "Share the Meat" campaign and on the Point Rationing program.

The County Nutrition Committee has also assisted the FDA with promoting the School Lunch program.

Cooperation has been given to the FSA on sewing machines and by checking gauges on pressure cookers belonging to clients.

Alice F. Beesley
Home Demonstration Agent
Navajo County, 1943

ABSTRACT OF ANNUAL NARRATIVE REPORT
NAVAJO COUNTY, ARIZONA, 1943.

The Home Demonstration Agent, Alice F. Beesley, spent 215 days in field and office work, and 78 days in Apache County. In Navajo County 193 days were spent conducting work with adults and 22 days with 4-H Club activities. Fifty-two method demonstrations were given, with 731 homemakers in attendance on the following projects: Cleaning and Adjusting the Sewing Machine, Fabric Identification, Dry Cleaning, Mending Made Easier, Pressing at Home, Meat Extenders and Alternate Foods, Egg Dishes, Uses of Home Canned Meats, Canning, Care of Pressure Cookers and Dehydration.

4-H Club work was done by the Home Demonstration Agent in 8 communities, with 63 girls completing projects in clothing, food selection and canning. Local achievements were held instead of a County-wide achievement, due to long distances and transportation difficulties.

The Home Demonstration Agent has cooperated with the following County, State and Federal Agencies during the past year, promoting problems relating to the War effort: War Board, War Food Administration, Farm Security Administration, Agricultural Adjustment Administration, Red Cross, County Nutrition Committee, Social Security and Public Welfare and Vocational Home Economics.